



Evidence Based Practice Through a Journal Club

Hello again INHWE Members! You may remember that last year we mentioned our partnership with the [Evidence-Based Nursing blog](#) to run a series of articles with our members from across the globe. Well I am delighted to say another of these blogs, 'Evidence Based Practice Through a Journal Club; How can we promote nursing practice?', produced by **Mudhar Al Adawi** (Senior Nurse, Nurse Researcher at Royal Hospital, Oman), is now live!

Evidence-based practice (EBP) has become a global issue among health care providers due to improvements in the quality of health systems. Acquired knowledge from EBP helps to improve patient outcomes, guide clinical practice, and improve the quality of care for the healthcare consumer or partner. The adaptation of EBP varies from one institution to another. One strategy that we used to adapt the EBP at Royal Hospital, Oman, was the journal club. A journal club is an informal meeting of a small professional group to review or critique literature. However, there are numerous facilitators as well as barriers toward EBP and journal club implementation. Supportive hospital culture as well as mentorship promote EBP and enable nurses to practice being evidence-based. On the other hand, a lack of power and authority to change practice could hinder the utilization of the best evidence.

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David Smith

Director

